



## Ancho Chili and Chicken Soup

*A slightly spicy chicken soup, packed full of hearty vegetables.*

**Makes 4 servings.** 1½ cups per serving.

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Nutrition information per serving**

Calories 106, Carbohydrate 8 g, Protein 13 g,  
Total Fat 2 g, Saturated Fat 1 g, Cholesterol 29 mg,  
Sodium 93 mg, Dietary Fiber 2 g

### Ingredients

- 2 dried ancho chilies, seeded and torn into pieces
- 1 cup water
- 2½ cups 33% less sodium chicken broth
- 2 stalks celery, chopped
- 1 medium onion, peeled and chopped
- 1 cup cooked, chopped chicken
- ¾ cup chopped carrots
- 1 teaspoon oregano
- ¾ cup chopped chayote squash

### Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more.

